

# HAS THE BICYCLE HELPED THE WOMAN?

## Leading Business Men, Ministers, Doctors and Women Answer This Question.

### Moral Phase of the Craze Discussed by Clergymen and Women.

The bicycle has, of late days, been so numerous adopted as a means of travel, that it is pertinent to inquire what effect it has had upon the general domestic circle into which it has so largely entered as the welcome guest.

Apart from the sentimental side of the wheel in outdoor life, which side has innumerable features, there are three serious considerations affecting the machine and its owner which the Times discusses this morning: the moral, the physiological and the commercial phases, and effects of the new social factor. The discussion is all the more interesting, as the talkers on the delightful subject have evidently given the topic careful consideration. The views of the ladies and gentlemen on the three questions stated are given below. It is a symposium that could well be continued from time to time by all those who can add to the facts given herein, and the Times will publish such additional information of interesting views for the benefit of the masses and classes who ride the bicycle.

It is suggested that personal experiences on at least two of the subjects would interest the great majority of the reading public. First, as to the moral aspect of the use of the wheel by women. It has been charged that there has arisen a license in dress and action by the women riders, which needs to be rebuked; and that the use of the wheel is an extreme detriment to the health of such riders.

The clergymen whose views on the moral side of wheeled are given below were selected at random, the only object in view being to secure expressions which would represent the various denominations. Their opinions are practically in accord, and, as will be seen, form a strong verdict in favor of the bicycle for both men and women. Practically the only point of difference among them is the question of Sunday riding.

**REV. GEORGE LUCOCK, D. D., Metropolitan Presbyterian.** "As I ride a wheel myself, I naturally approve of the invention, or, at least, it can be used to an immoral end, like everything else. Its greatest abuse, to my mind, is using it as a means of desertion of the Sabbath; but this is not the fault of the wheel; it is due to the ungovernedness of the rider."

"The exercise derived by riding undoubtedly has the tendency of every healthy form of exercise—that of toning up man's moral side. If a man conceives of nothing as immoral tendency in riding for girls and women, as far as I am able to see, and physician's approval on physical grounds—judging—assuming modest dress, assuming good, approved company, and assuming a it is perfectly proper for women to ride bicycles."

**REV. ADAM REICH, Fifth Congregational.** "The bicycle is a potent factor in good health and morals, and it has come to stay. Because it can be made to further bad ends I recognize no argument for discarding the wheel. In many ways, on the other hand, I realize how it can be used as a good, religious agency. To cite an instance: The recreation and the good health engendered thereby will cause a multitude of young men and women to turn their minds to healthy thoughts, and almost invariable outcome of good, strong constitutions."

"Why, certainly, I approve of the wheel for women as well as men. I know many who have been greatly benefited by the use of it."

**REV. THOMAS W. COOKE, Church of the Ascension.** "The bicycle is truly called an agency which has a tendency to elevate man's moral nature, inasmuch as it distracts the attention of young men from places where the influence is not elevating spiritually. I see no reason why mankind should not enjoy such a blessing, brought about by his mechanical ingenuity, not only as a means of convenience, but of pleasure as well."

"The only danger in indulging in its pleasure is that it might lead young people to neglect their spiritual nature by absenting themselves from God's house of worship on the day of rest. If all riders would give their early morning hours to attendance at God's house of worship, I see no reason why those who have such little time for pleasure should not indulge in such recreation on Sunday."

**REV. N. C. NAYLOR, Maryland Avenue Baptist Church.** "I do not find bicyclists less honorable in all their moral duties than those who use other modes of travel and

exercise. I am not so sure that it has increased Sabbath desertion. It is no more immoral to ride a bicycle on Sunday to a picnic or excursion ground than to go on a steambath, a train of cars or in a carriage."

"I believe the use of the Lord's day for such purposes is very immoral and a positive sin, but riding a bicycle is not more so than any other mode of travel. On the whole, my observation discloses nothing more immoral in the bicycle than in any other vehicle."

**REV. THOMAS CHALMERS EASTON, Eastern Presbyterian.** "With other clergymen, I have received a copy of resolutions passed by the Woman's Rescue League, June 29, 1896, condemning the use of the bicycle among young women. I challenge the League to prove that the alarming increase of immorality among young women is due to the present use of the machine. It is an assumption on their part that seventy-five per cent will be an army of invalids within the next ten years." "Neither can it be proven that functional diseases arise from the use of the bicycle. I attribute the great number of invalid women to other causes than the pleasure-giving wheel—creating outdoor exercise of the wheel."

"An excessive use of the sewing machine has not been condemned by the League, and yet the movement is almost identical. So far as helping to 'swell the ranks of reckless girls,' I believe there is far less danger, morally, than long buggy drives, where a closer proximity of the sexes must be maintained."

"So far as the 'modesty of dress' is concerned, I believe every gentleman who admits with me that the delectable dress of ladies in the circles of fashion are more suggestive and imprudent than the la belle dame costume of the wheel."

"I endorse the wheel and regard it as healthy exercise, which can only be made a means to immorality on the part of its patrons. Unfortunately, I have not a wheel of my own, and do not doubt I would be a greater enthusiast for its use if I possessed one." "I ride from steel."

**REV. J. G. BUTLER, Lutheran Memorial Church, Fourteenth street and Vermont Avenue.** "I have always considered the wheel as one of the good things which have come to us, and have never questioned its good moral influence. There is no reason why anything good may not be perverted to immoral purposes; hence the same arguments used against the wheel can be employed against the buggy and the horse, or anything of an equally recognized benefit."

"I see no wrong in people living at a distance coming to divine services on Sunday on the wheel, for then the street car men might be able to get the day of rest allotted to each individual by the Creator. Neither do I see any wrong done when a man or woman, who has worked hard all week, takes a ride, for that is the only day they have for giving the tired brain and body a chance to be refreshed."

"To my mind, there is no impropriety whatever in a woman riding a wheel, if she but dresses herself modestly. Bloomers I do not approve of, but short skirts seem to be in no way demoralizing."

**REV. D. J. STAFFORD, of St. Patrick's.** "I have given the bicycle subject thoughtful consideration, and have nothing to say for the present."

**REV. DR. C. C. MEADOR, Fifth Street Baptist.** "I can see readily how the bicycle can be made an immoral exercise, and, like everything else, how it can serve a bad purpose. On the other hand, if properly employed, the wheel is a useful, health-giving and innocent recreation. One danger is that of too much wheeling on the Sabbath. Immature riding is injurious to health, the whole system is exhausted, and the rider, to give his tired body a stimulus, dismounts at the nearest saloon and takes several drinks too many."

"This is especially the case on long runs into the country, for along the roads frequented by bicyclists are any number of these saloon-houses."

"Used moderately, the bicycle is a healthy exercise, and good health always means a high standard of morality. I favor the wheel for men especially. As to women, it depends greatly upon the appearance of the woman in question. Some women would show their immorality anywhere, but a woman on a wheel, decently and modestly dressed, is a very pretty picture indeed."

**REV. A. M. RICH, rector of Trinity Episcopal, Third and C streets northwest.** "In my opinion, those opposed to the bicycle have greatly misrepresented the wheel, which can be accomplished with it as an

immoral agent. If a woman is modest anywhere in her house, on the street, in the drawing room, she can surely be modest on a wheel. On the other hand, if a woman wants to be indecent she has plenty of opportunities besides the bicycle for being so."

"For years I was opposed to riding by women, but my experience has taught me that so many have benefited in health, and in morality, by this kind of exercise that my old prejudice has vanished entirely. But I do not approve of bloomers by any means. If women must wear bloomers, let her wear them with a skirt over them. A masculine woman loses the chief charm of femininity—modesty; and this, to me, is moral deterioration."

**REV. W. R. STRICKLEN, pastor Hamilton M. E. Church, Ninth and P streets northwest.** "I have used the wheel for several years. As to the moral phase of cycling, what is true of any good thing is also true of the wheel—persons of no judgment and little conscience may abuse it or pervert it to illegitimate uses, but what may in time become a sin. The same may be said of a horse and carriage. The wheel may be used for Sabbath desertion, or it may be used to excess, causing its devotees to neglect their families, and even to neglect their duties. It is plainly unjust, however, to judge of the wheel from the illegitimate uses, or to condemn it because of the sins of some of its patrons."

"To all who will use this most delightful of all modern sources of sport I would say it gives a quickened vitality, clarifies the mind, produces a genial flow of spirits, kills the 'dimes,' and thus, by helping to produce a sound body, helps to produce a pure soul. Those who claim that the wheel is a source of immorality are hypocrites."

"As Washington is the wheelman's paradise, no minister who proposes to do his whole duty should be without a bicycle. Mine is as much a factor in my work as my study. By its aid I have gone through a hard season's pastoral work with comfort and delight. I would not part with my faithful companion under any consideration. All hail to the ever-increasing army of wheelmen!"

### BICYCLE EXERCISE.

#### What It Will Do When It Is Used Judiciously.

Most of the ailments which are commonly called "bilious" are caused by too much food of a rich nature, and too much drink of a sweet or alcoholic character, combined with far too little exercise in the open air. The liver attempts to get rid of the superfluous matters thrown into the circulation, and, being overworked, sends out bile, rheumatism, gravel, dyspepsia, headache, and constipation are the outward and visible signs of its inaction in those who live too well, a sedentary life.

The prescription of a bicycle and the recommendation to use it wisely and well works like a charm in such cases, and in all the symptomatic ailments which arise from too much "acid" in the system. It is interesting to note that cycling sometimes relieves the effect of thinking the obese and fatening the thin, and this may partly be explained by Murchison's observations that excessive leanness, as well as excessive corpulence, is often caused by inaction of the liver, and the stimulus of regular exercise, setting the functions of that organ right, causes the disappearance of what was only a symptom.

**WORLD'S CHAMPIONSHIP.**

Preparations Being Made for the Big Six Day Races.

The six day races for the championship of the world, scheduled to take place in Madison Square Garden, New York City, December 7 to 12, inclusive, already promises to be a great success. Such famous professionals as Shock, Waller, Alberts, and Golden have sent in their entries, together with others, and it is expected that "Charlie" Murphy, the Brooklyn flyer, now in France, and Harry Maddox, the fisher lad of Astbury Park, will also figure in the great struggle.

"Fred" Thus, who was star in the days of Class B, may also compete. There is no doubt about the entry list being the most attractive ever secured. There will be short races for professionals and much more evening during the progress of the long event.

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"I have heard of several cases in which disease was alleged to have been brought on by bicycle riding, but I hardly think this possible. My experience has shown me that the bicycle is decidedly beneficial to health."

"The wheel is the most important factor in connection with the general health of the people at the present time. It will have the effect of making better the physique of the coming race. Like any other thing else that is the fact or fashion it is likely to be used to excess and thus do harm. I know of cases where excessive riding has caused positive injury. Wheeling should be commenced gradually and increased as the muscles become accustomed to the additional strain on them. Then it is healthful."

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"I would recommend the use of the wheel for all nervous disorders, weak and flabby heart, obesity, dyspepsia, loss of sleep, indigestion, lung disease, in fact any ailment where it is not especially contraindicated by acute disease."

**DR. B. B. HAMIS.** "The bicycle is a healthful when used in moderation. I have a number of patients who have been aided by riding. I recommend the use of the wheel by those who suffer from indigestion, lung trouble, and lack of circulation."

"I do not think, however, that bicycling should be indulged in by those who have heart disease. One of my patients, whom I used to treat frequently, I have had no occasion to attend since he bought a wheel. Bicycling brings the patient out into the open air, and the fresh air, in fact, any benefits of fresh air, it is the best thing yet in the shape of a fad. The only injurious effects attributable to the wheel are from excess, which can be said of any form of exercise, and is not to the detriment of the wheel."

"The German medical societies have investigated the subject recently and one learned doctor, to whom the matter was given for investigation, came to the conclusion that bicycling was, in its effects, quite similar to mountain climbing. In this connection he worked out the effects upon the heart, and as mountain climbing is recommended by the German doctors in certain forms of heart disease it may be deduced from the decision that bicycling is beneficial in various kinds of heart trouble."

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### Physicians Give Opinions As to the Hygienic Effect on Women.

"In the use of the bicycle conducive to health?"

This question was asked by Times reporters of a number of the leading physicians of Washington. With the exception of one all those seen agreed that the temperate use of the wheel is a great factor in promoting the public health, and that not only are the good effects to be seen now, but the next generation will be greatly benefited by the present popularity of the pastime."

The physician who opposed the wheel would not allow his name to be used, but he is an old man, and when pressed for a reason of his opposition to the pastime it was found that he had none. Below will be found the opinions of the physicians whose professional standing gives their views weight, and their conclusions have been rendered after a careful study of the effects which the use of the wheel has upon the body."

**DR. W. W. JOHNSTON.** "I do not think that the custom of bicycling has been in any way hurtful to the health of the people, and I advise women to ride I give them these rules to observe: Do not ride when the state of your health contraindicates; stop short of fatigue; have a perfect fitting saddle; the only harm can occur to men, barring accidents, is damage to the perineum, which results from a faulty method of riding or an ill-fitting saddle, but when these precautions are observed, bicycling is an athletic amusement of the highest value. In that it gives along with exercise of all the recreation of the mind, and a healthful enjoyment."

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the shoeless, or ankles; gaiters to protect shirt waist, and a pretty, jaunty cap. Summing up my experience and knowledge, I would say that I have not noticed any unfavorable results from bicycle riding."

**MRS. SARAH D. LA FETRA,** for a long time president of the Young Women's Christian Temperance Union and now of the Florence Crittenton Mission. "Why, of course, I'd like to talk about the bicycle; everybody else is. But I can't endorse everything that is said about it. I know, too, that the bicycle has done away with a great deal of the frivolities, and especially the extravagances, of dress. For that one respect the revolution of the bicycle ought never to go backward, and it would be a good thing if the 'craze,' as some people call it, would increase until every girl who can ride had a wheel of her own."

"Why, the buying of a wheel by a girl from her own savings is economy. It has made new and extended social circles; it has decreased the idle hours which all girls who have a wheel have. I know, too, that the bicycle has done away with a great deal of the frivolities, and especially the extravagances, of dress. For that one respect the revolution of the bicycle ought never to go backward, and it would be a good thing if the 'craze,' as some people call it, would increase until every girl who can ride had a wheel of her own."

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